



Preventing Suicide Through Community Partnerships

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Introductions

Graduate Administrative Associates, OSU's Suicide Prevention Program

- **Sarah Clapp, MC, LPC** – The Ohio State Graduate School
 - RUOK? Buckeyes
- **Shelby Messerschmitt-Coen, MC, LPC** – Office of Military & Veterans Services
 - RUOK? Veterans
 - Regional campus suicide prevention
- **Maria Lammy, MA, LPC** – The Office of Student Life
 - Student Development



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Welcome!

Current partners? Interested in SPP?

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SUICIDE PREVENTION PROGRAM



Learning Objectives: Suicide Prevention

- Investigate the creation of a **sustainable** and **comprehensive** suicide prevention program on a college campus through **strategic** partnerships
- Promote suicide prevention as a **shared community responsibility**
- Illustrate how community partnerships and **pooling of resources** can mobilize suicide prevention efforts
- Explore various **levels of partnerships** including: national and community partners, campus community partners, academic programs and departments, and student organizations, individuals



Learning Objectives: Sustainable Partnerships

- Discuss recruitment of **advocates** and **stakeholders** in the community
- Promote and encourage stakeholder **buy-in** in the service of campus suicide prevention
- Attend to **unique needs** of partnering entities in creating sustainable relationships
- Recognize and **appreciate** partnering individuals and entities in the service of relationship sustainability
- Learn approaches to **mobilize students** in suicide prevention efforts



Students and mental health

- Stress
 - Average: 35.3% UG, 29.3% Grad
 - More than average: 44.4% UG, 48% Grad
 - Tremendous: 12.4% UG, 14.5% Grad
- Academics have been “traumatic or very difficult to handle:
 - 51.7% UG, 42.4% Grad
- “Felt overwhelmed by all you had to do”
 - 88.1% UG, 84.2% Grad

(ACHA NCHA, 2018)



Students and mental health

- “Felt so depressed that it was difficult to function”
 - 43% UG, 36% Grad
- “Felt overwhelming anxiety”
 - 64% UG, 59% Grad
- “Felt very sad”
 - 70% UG, 63% Grad
- Suicide – 2nd leading cause of death for college students
- “Felt very lonely”
 - 64.4% UG, 54.4% Grad
- “Felt things were hopeless”
 - 55% UG, 44.6% Grad
- Seriously consider suicide
 - 13% UG, 7% Grad
- Attempted suicide
 - 2% UG, 1% Grad

(ACHA NCHA, 2018)



About the OSU SPP

Mission:

To develop a comprehensive, effective, culturally responsive, technologically advanced, and sustainable system of suicide prevention at the Columbus and the five regional campuses of The Ohio State University.

- Suicide is preventable
 - 94% of American adults "would take action to help someone close to them who was thinking about suicide" (AFSP, 2018)
- “Campus culture of caring”
 - An environment that supports help-seeking; community protective factors
- Three pillars of our program
- Advocacy, education, and outreach
- Shared campus responsibility



Partnership model



The JED Foundation, 2017
<https://www.jedfoundation.org/what-we-do/>



National and Local Partnerships

- List of our [partners](#)



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OSU SPP Campus Initiatives and Partnerships

- REACH[®] Trainings
 - various entities on OSU's campus
- Regional REACH[®] Trainings
 - regional OSU campuses
- REACH[®] Across Borders
 - International student organizations
- RUOK? Buckeyes
 - the Graduate School at OSU
 - AFSP
- RUOK? Veterans
 - OSU's Office of Military and Veteran Services
 - AFSP
- Student Organizations: Peers REACHing Out (PROs) and Buckeye Campaign Against Suicide (BCAS)
 - OSU's undergraduate students



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REACH[©] Suicide Prevention

Columbus campus, regional campuses, with international student initiatives

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SUICIDE PREVENTION PROGRAM



REACH[©] Suicide Prevention Gatekeeper Trainings

A training Program to help the OSU community to prevent suicide by teaching faculty, staff & students how to...

Recognize warning signs

Engage with empathy

Ask directly about suicide

Communicate hope

Help suicidal individuals access care



Partnering With REACH[©] Trainers

- Trainers undergo rigorous training
 - 42 staff/faculty trainers, 30 student trainers (PROs)
 - Provide REACH[©] training, minimum of 4 per year
 - Serve in community as advocates, ambassadors to SPP
- Supporting trainers as partners in suicide prevention
 - Support meetings, recognition
 - Continuing education meetings
 - Empower trainers with knowledge and vocabulary to be an advocate in their environment
- Trainers are valuable allies in Suicide Prevention
 - Major catalysts for REACH[©] trainings requests
 - Reducing stigma and disseminating information



REACH[©] Training Statistics

Promising growth: AU 2017 to AU 2018

- AU17 61 trainings, AU18 over 90 trainings (32% increase)
 - average 5.5 trainings/week
- AU17 1,300 trained, AU18 over 2,000 trained (35% increase)
- Total over 15,000 certified OSU REACH[©] Suicide Prevention Gatekeepers

This semester:

- 52+ trainings scheduled, more requests incoming

One year after training...

- 89% of participants have attempted to intervene with someone they were concerned about
- Vast majority report that would intervene if they felt confident
- Vast majority report that REACH[©] training was helpful in increasing overall knowledge about suicide risk and how to refer others to help



REACH[©] Trainings: Columbus Campus

- Field requests from entities on campus to provide trainings
- Partner with undergraduate student group Peers REACHing Out (PRO) to train undergraduate advocates to provide trainings
- Communication through Carmen Canvas
- Open trainings offered throughout the semester
 - 4 undergraduate, 2 staff/faculty/grad and professional students
- Tabling and attendance at outreach events



REACH[©] Trainings: Regional Campuses

- Supporting the mission of the OSU SPP
- Regional Campus REACH[©] Coordinators (RRCs) on each campus
- 12 certified trainers
- Personal page on Carmen page for trainers
- Attendance at meetings at Columbus and regional locations
- Increase in trainings on all OSU campuses



REACH[©] Across Borders: International Student Organizations

- Partner with various OSU international student organizations to create customized mental health workshops and initiatives
- Have hosted cross-cultural cooking events, exam wellness study packs, bilingual suicide prevention trainings and mental health awareness events
- In the past, collaborated with Indian Students Association, IUFO (Chinese), MASA (Malaysian) and independent Chinese student focus group



RUOK? and Student Development Initiatives

The Graduate School, Office of Military and Veterans Services (OMVS), and undergraduate student development



RUOK? Stress and Depression Questionnaire

- Online ISP provided in collaboration with the AFSP
- RUOK? is a platform where students can check-in with their stress levels and current mental health needs
- Targeted students are sent invitations through email to participate, participation is **voluntary** and the entire process is **anonymous**
- Students who elect to take the Stress and Depression questionnaire are provided a **personalized** response from a licensed professional counselor
- Students may dialogue with the counselor to access **referrals** to campus and community resources to address their mental health needs and suicide risk



RUOK? Buckeyes: The Graduate School

- Macro level: partner with the OSU Graduate School to advocate for suicide prevention efforts in graduate programs, reduce stigma for help-seeking, and participate in ongoing conversation about graduate student needs and wellness at OSU
- Micro level: partner with individual graduate programs to deliver the ISP to graduate students, and collaborate and strategize with graduate program coordinators to provide for student needs



RUOK? Buckeyes: The Graduate School

- Outreach and other activities:
 - Quarterly meetings with an Associate Dean at The Graduate School
 - Regular communication with graduate programs
 - REACH[©] trainings for staff in The Graduate School
 - Open REACH[©] trainings for faculty and graduate students held twice throughout the semester
 - Informational session provided at Council of Graduate Students (CGS)
 - GA participation in CGS Student Wellness Committee
 - Tabling and attendance at outreach events



RUOK? Buckeyes: Some Numbers

Promising Growth...

- Fall Semester Partners:
 - AU16: 10
 - AU17: 13
 - AU18: 17
 - 70%, 31%
- Academic Year Partners:
 - 16-17: 25
 - 17-18: 31
 - 18-19: 41 (33 confirmed)
 - 32%, 6%

This year...

- 4,595+ invitations sent so far
- 169+ students responded to
- Partnerships for academic year continuing to expand



RUOK? Veterans: OMVS

- Similar to RUOK? Buckeyes, modified for student veterans at OSU
- Additional outreach activities
 - Drop-ins with veterans; “Veterans Matter”
 - Tabling and attendance at outreach events
 - Veterans Fall Kickoff
 - Fall Social
 - Run Down the Demons
 - REACH[®] trainings for veteran student leaders
 - Involvement with Veterans Mental Health Advisory Board
 - Collaboration with Columbus VA
 - Presentations at national conferences



Undergraduate Students: PROs and BCAS

How often do you turn to the following people when you need advice on <u>personal issues</u> , such as future career choices, life goals, relationship problems, etc.?	% Always/Very often/Often
Close friend(s)	84.8%
Family member(s)	79.8%
Student peer(s) at OSU	35.6%
Academic advisor(s)	16.0%
Advisor(s) of student organization(s)	12.4%
Faculty member(s)	11.8%
Other	4.9%
Student Life staff	5.7%



Undergraduate Students: BCAS

- Originally formed by students to create RUOK? Day event
- Open-membership
- Meetings include mental health discussions, activities, speakers, and event planning





Undergraduate Students: BCAS

- Organizes RUOK? Day for over 1,200 participants
- Hosts several outreach events like Survivors' Luminary and SemiColon Project
- Student-driven interest group
- Students select most of content
- Guidance is more relaxed
- Advisor oversees event plans, etc.





Undergraduate Students: PROs

- Initially developed by suicide prevention program staff
- Application & interview process to join group
- Group focused on student advocacy and professional development
- Members trained as REACH[®] trainers to provide gatekeeper trainings to their peers





Undergraduate Students: PROs

- Last year trained over 1,100 participants in 51 REACH[©] trainings
- Hosted 2nd annual REACH[©] 5K race
- Participated in various campus outreach events
- Advisor mentorship is more "hands on"
- Graded development through initial membership
- Senior members mentor new members





Summary

Recall Learning Objectives...



Learning Objectives: Suicide Prevention

- Investigate the creation of a sustainable and comprehensive suicide prevention program on a college campus through strategic partnerships
 - Multilevel partnership network: national, community, campus, individual
- Promote suicide prevention as a shared community responsibility
 - Mobilizing partnerships and disseminating information and resources
- Illustrate how community partnerships and pooling of resources can mobilize suicide prevention efforts
 - ISP, advertising, space for OSU SPP initiatives, outreach
- Explore various levels of partnerships including: campus community resources, academic programs and departments, and student organizations
 - Building and cultivating sustainable relationships



Learning Objectives: Sustainable Partnerships

- Discuss recruitment of advocates and stakeholders in the community
 - Identifying and recruiting partners and advocates, e.g. reach trainers
- Promote and encourage stakeholder buy-in in the service of campus suicide prevention
 - Ways to increase motivation and engagement, e.g. tangible benefits
- Attend to unique needs of partnering entities in creating sustainable relationships
 - Meet them where they are at
- Recognize and appreciate partnering individuals and entities in the service of relationship sustainability
 - support and appreciation go a long way
- Learn approaches to mobilize students in suicide prevention efforts
 - students are a major force in prevention, engaging them is key



Getting Involved with OSU SPP

- Become a university or community partner
 - RUOK? Buckeyes
- Request a REACH© training <https://suicideprevention.osu.edu/reach/>
- Attend OSU SPP outreach event
 - RUOK Day – March 6th from 3-7p in Ohio Union Performance Hall
- Join Peers REACHing Out (PROs) or Buckeye Campaign Against Suicide (BCAS)
- Send us an email at ruokbuckeyes@osu.edu to learn more about how you can partner with us!



Sarah: clapp.37@osu.edu - RUOK? Buckeyes
Shelby: coen.49@osu.edu - RUOK? Veterans; Regional campus
Maria: lammy.3@osu.edu - Student Involvement

*Thank you for being an advocate
of suicide prevention!*